

Evelyn Cole Senior Activity Center



Spring 2019 CALENDAR



Welcome to the Evelyn Cole Senior Activity Center!

Monday – Friday, 10 am to 2 pm

March, April, May 2019

Please note the center will be closed on:

Monday, May 27 - Memorial Day

Spring Registration

- Registration begins Monday, February 11 for **Residents (R)** only.
 - Note: The center will open at **7 am on February 11 only** to assist with registrations.
- Registration begins on Tuesday, February 19 for **Non-residents (NR)**.
- Don't Wait and Be Too Late! Please register at least one week prior to the class/trip start date so we can plan accordingly. **A minimum number of registrants are required for most activities to be held.**
- See refund policy on the last page. Trip refunds are not given unless your spot can be filled with someone from our waiting list. Please contact the center as soon as possible if you must cancel your reservation.
- A fee assistance program is available for residents who need financial help to participate in our **classes only** (not trips) that have a fee greater than \$35. Fee reduction may be available based on income and family size. Contact the center for details.

5720 Addison Rd, Seat Pleasant, Maryland 20743
Telephone: (301)-386-5525 TTY: (301)-699-2544

Evelyn Cole Senior Activity Center (ECSAC): Information

Our Refund Policy:

1. 100% refunds are issued when M-NCPPC/ECSAC cancels an activity.
2. All other refunds are subject to a 20% withdrawal fee except for within 24 hours of the original registration date.
3. Withdrawal from an activity may be processed at any facility or online **AT LEAST 7 DAYS PRIOR** to the activity start date.
4. Withdrawal from an activity must be processed at the offering facility if **WITHIN 7 DAYS** of the activity start date.
5. Refunds **MUST** be requested prior to the end of the course. Refunds will **NOT** be issued once the course has ended.
6. Refunds for trip withdrawals will be issued only if the spot can be resold.
7. Credits nor refunds will be issued for classes missed by the participant.
8. Cash refunds are not allowed.
9. Refunds may be immediately credited to your **PARKS DIRECT** account or be issued per original method of payment: as a credit on your credit card, which can take 3 to 5 days to process or as a check, which can take 3 to 4 weeks to process.

Trip Information:

For your information, we have included the type of vehicle provided on a trip. Please note, this may change if necessary. Here are the vehicles we use:

M-NCPPC Activity Bus – 12-14 passenger activity bus

Commission Bus – Large 27 passenger white bus

Motor Coach Bus – 40-50 passenger bus with restroom

Following all trips, patrons will be asked to complete a trip evaluation.

Trip refunds are not available unless your registration can be filled with someone from the waiting list. All trip registrants are expected to return with the group to the center.



Note: When you see these feet with a trip or activity, it means there will be a lot of walking.



Evelyn Cole Senior Activity Center: Classes

Class	Location	Day/Dates	Time	PARKS DIRECT #	Fee
Sewing 	Activity Room 1	<u>Thursdays</u> Mar. 7 – Mar. 28 Apr. 4 – Apr. 25 May 2 – May 23	10 am – 2 pm	15501-222A 15501-222B 15501-222C	\$25 (R); \$33 (NR) Participants must bring easy pattern, scissors, straight pins, thread, fabric, and interfacing.
Human Body Topics	Activity Room 1	<u>Mondays</u>	10:45 – 11:15 am	N/A	FREE
Spiritual Enrichment Class	Activity Room 2	<u>2nd Thursdays</u> March 14, April 11, May 9	11 am – 12 noon	N/A	FREE
'Make And Take' Arts and Crafts	Activity Room 2	<u>Every Tuesday</u>	12:30 – 2 pm	N/A	FREE
Morning Fitness	Activity Room 2	<u>M - Tu- Thurs- Fri</u>	10:30 – 11:00 am	N/A	FREE
Brain Teasers	Activity Room 2	<u>M – Tues – Fri</u>	11:00 - 11:30 am	N/A	FREE
SAGE Line Dance	Activity Room 1	Fridays	10 am – 12 noon	N/A	PGCC SAGE Class
Weekly Announcements 	Activity Room 2	Mondays	12:30 – 12:45 pm	N/A	FREE
Music Therapy	Activity Room 2	Tuesdays	1 – 1:30 pm	N/A	FREE
Manicures and Hand Massages	Activity Room 2	Thursdays	11 – 12 pm & 1 – 2 pm	N/A	FREE
Trivia 	Activity Room 2	Friday	1:15 – 1:45 pm	N/A	FREE

NR- Non-resident of Prince George's or Montgomery Counties

R- Resident of Prince George's or Montgomery Counties

IMPORTANT: A minimum number of registrants are required for programs to be held.

MARCH 2019

Happy Birthday Observation

FREE



Friday, March 8

1:30 – 2 pm

Join us as we observe March birthdays with ice cream and cake. To join in on the fun sign up at the center no later than Friday, March 1.

Good Hygiene Seminar

FREE

Monday, March 11

10:30 – 11:30 am

As we age it is important for daily hygiene to be maintained. The aging process can take a toll on the body. Helpful activities of daily living tips will provide some resources for good hygiene. Please sign up at the center no later than one week prior to the seminar.

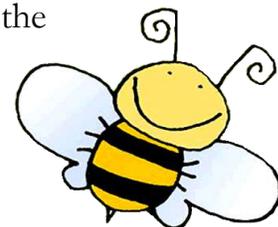
Red Hatter's Busy Bees

FREE for Busy Bees Members

Tuesday, March 12

12 – 1:30 pm

Busy Bees Red Hatters social club meets every second Tuesday of the month at the Evelyn Cole Senior Activity Center. Open to Red Hatter's Busy Bees Club members only.



Platinum Movie: 'Henrietta Lacks' Senior Matinee

Friday, March 15 FREE

10 am – 2 pm Parks Direct Code: ECSAC-20190315

Join John E Howard Senior Activity Center on a trip to the Publick Playhouse to see the Platinum Movie: 'Henrietta Lacks'. The Immortal Life of Henrietta Lacks is a drama television film directed by George C. Wolfe and starring Oprah Winfrey and Rose Byrne. It is based on the book of the same name by Rebecca Skloot and documents the story of Henrietta Lacks, who was diagnosed with cervical cancer in the 1950s, and whose cancer cells (later known as HeLa) would change the course of cancer treatment. Transportation will be aboard and M-NCPPC activity bus. Lunch will be at a local restaurant to be determined after the show.

Joyful Memories

FREE

Monday, March 18

10:30 - 11:30 am

Reminisce on old favorite hits and memories as we share stories, laughter and good music. Please sign up no later than one week prior to the event. Light refreshments will be served.

Yesterdays

Memories
are tomorrows
Treasures

Evelyn Cole Senior Activity Center: Trips & Special Events



ECSAC Cinema Presents: Josephine Baker

Tuesday, March 19

FREE

11:45 am – 2 pm

Born poor in St. Louis, Missouri, Josephine Baker achieved fame and fortune through her sizzingly exotic, erotic performances. Starting life on the American Vaudeville circuit, success takes Josephine to Paris where her semi-nude dancing causes an international sensation. Through her marriages to an Italian pseudo-count and an orchestra leader, to her bond with army officer Sydney Williams, Josephine's life is a rollercoaster ride of love and rejection from both her lovers and her country. But semi-nude, or head-to-toes in sequins; in battle fatigues or rags - her beauty and ambition ensured that Josephine Baker will always be remembered as the first, and possibly most loved, truly international star. Please sign up at the center office no later than one week prior to the viewing. Light refreshments will be served.

Westminster DC Jazz Night

Friday, March 22

\$15 (R); \$20 (NR)

3:30 – 9:30 pm

Parks Direct Code: ECSAC-20190412

Travel to Westminster Presbyterian Church in Southwest DC for unique jazz experience in a safe, friendly environment. Jazz Nights on Fridays features some of the area's finest jazz musicians in a lively presentation of classical music and fun. Dinner is available onsite by South West Catering Cafe, 5:30 - 8 pm, at your own expense. Average menu prices: \$9-\$15. Fee includes admission and transportation on an M-NCPPC bus.



Women's History Month Presentation – Ethel Thomas

Tuesday, March 26

FREE

10:30 – 11:30 am

In recognition of Women's History Month, join us as we learn about several notable African American women that have impacted and/or helped to shape American culture. Light refreshments will be served. Please sign up at the center office no later than, Tuesday, March 19th.

APRIL 2019



Happy Birthday Observation **FREE**

Friday, April 5
1:30 - 2 pm

Join us as we observe April birthdays with ice cream and cake. To join in on the fun sign up at the center no later than Friday, March 29.

Dementia Wise **Free**

Monday, April 8
10:30 – 11:30 am

Prince George's County is working toward becoming a Dementia Friendly Community. Do you know what abilities remain and which ones are lost through the progression of dementia? Learn about dementia and several types of important tools for dementia care. Please sign up at the center office no later than one week prior to the seminar.



ECSAC Cinema Presents: 'Madea's Family Reunion' **FREE**

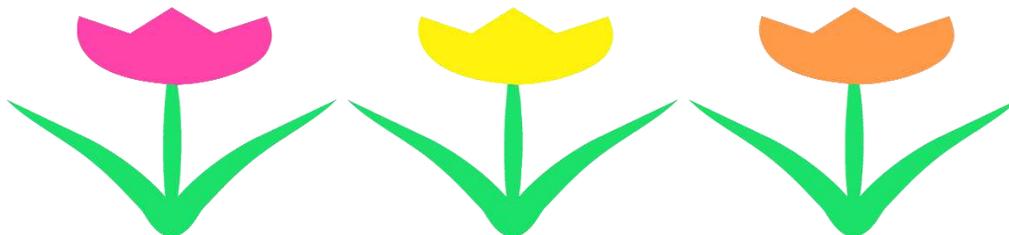
Tuesday, April 9
11:45 am - 2 pm

Tyler Perry's Madea's Family Reunion is a 2006 comedy-drama film adaptation of the stage production of the same name written by Tyler Perry and sequel to Diary of a Mad Black Woman. It was written and directed by Perry, who also played several characters, including Madea. It was released on February 24, 2006, nearly one year following its predecessor, Diary of a Mad Black Woman. The independent film was produced by Lionsgate. Please sign up at the center office no later than one week prior to the viewing. Light refreshments will be served.

Red Hatter's Busy Bees **FREE for Busy Bees Members**

Tuesday, April 9
12 pm – 1:30 pm

Busy Bees Red Hatters social club meets every second Tuesday of the month at the Evelyn Cole Senior Activity Center. Open to Red Hatter Club members only.



Evelyn Cole Senior Activity Center: Trips & Special Events



Publick Playhouse - Platinum Movie: "Barry"

FREE Trip

Parks Direct Code: ECSAC-20190412

Friday, April 12

9:30 am – 3 pm

A young Barack Obama, known to his friends as "Barry" arrives in New York City in the fall of 1981 to begin his junior year at Columbia University. Documenting his struggles to stay connected to his family and his classmates, the movie, starring Devun Terrell, recounts the tension of a young man trying to find his place. Fee includes transportation aboard an M-NCPPC activity bus and admission. Meal is at a local restaurant at your own expense.



Spring Concert: Kevin Howard and Friends Band

FREE

Friday, April 19

12:45 – 1:45 pm

Roxanne's Artique's presents Kevin Howard and Friends Band for an afternoon of live jazz music. Kevin Howard is an internationally renowned keyboardist who, along with his band, have performed throughout the Washington Metropolitan area, all over the United States, and the world. Light refreshments will be served. Sign up at the center office no later than Friday, April 12th.



AARP Smart Driver Course

\$15/AARP Members; \$20/Non-AARP Members

Tuesday, April 16

10 am - 2 pm

Refresh your driving skills with the AARP Smart Drivers Course. You will learn defensive driving techniques, proven safety strategies, and new traffic laws and rules of the road. There are no tests to pass. You simply sign up and learn. Upon completion, you could receive a multiyear discount on your car insurance. Bring your own lunch. Call the AARP Maryland State Coordinator: Ted Peterkin at (240) 603-2950 to register. Payment is due by check or money order (no cash) the day of class to AARP.

Evelyn Cole Senior Activity Center: Trips & Special Events



Publick Playhouse: Dallas Black Dance Theater

\$20 (R); \$26 (NR)

Parks Direct Code: ECSAC-20190425

Dallas Black Dance Theatre is back with a new program of modern, jazz, and spiritual dance by celebrated choreographers planned especially for the "Sassy Seniors" of the Publick Playhouse. Fee includes transportation aboard an M-NCPPC activity bus and admission. Lunch will be at your own expense at a local restaurant. Average price \$12-\$32.

Thursday, April 25

10 am – 2 pm

The incredible

MAY 2019

Chair Fitness for ‘May is National Physical Fitness & Sports Month’

FREE

Join us as we celebrate ‘May is National Physical Fitness and Sports Month’ with a low impact chair based fitness class designed especially for seniors that use mobility devices including canes, walkers, and rollators. Registrants will have an opportunity to win a door prize. This class includes stretching and range of motion exercises. Sign up in the center office no later than Monday, April 29th.

Monday, May 6

10:30 am - 11:15 am

Royal Taj Indian Restaurant

\$10 (R); \$13 (NR)

ECSAC-20190507

Join us as we take a trip to the Royal Taj Indian Lunch Buffet in Columbia. Fee includes transportation aboard an M-NCPPC activity bus. Lunch is at your own expense. Average menu price is \$15-\$30.

Tuesday, May 7

10 am – 2 pm

Happy Birthday Observation

FREE

Join us as we observe May birthdays with ice cream and cake. To join in on the fun sign up at the center no later than Friday, May 3.



Friday, May 10

1:30 pm - 2 pm

Evelyn Cole Senior Activity Center: Trips & Special Events

Long Term Care Planning presented by Mark Gottlieb
FREE

Monday, May 13
10:30 am – 11:30 am

Learn several types of services for long term and acute care in a home setting. Please sign up no later than Monday, May 6.

Red Hatter's Busy Bees
FREE for Busy Bees Members

Tuesday, May 14
12 pm – 1:30 pm

Busy Bees Red Hatters social club meets every second Tuesday of the month at the Evelyn Cole Senior Activity Center. Open to Red Hatter Club members only.



Joint ECSAC and JEHSAC Mother's Day Luncheon
FEE: \$12 (R); \$16 (NR)

Friday, May 17
12:30 pm – 2 pm

Parks Direct Ticket # JEHSAC-SPEC-GA-20180517

Wear your favorite pearls and enjoy a special day honoring the mothers in your life with delicious food and a live musical performance by Ray Apollo Allen and Band in a relaxed setting. The location of this event is John E Howard Senior Activity Center, 4400 Shell Street, Capitol Heights MD 20743. Limited transportation will be provided from the Evelyn Cole Senior Activity Center. You must first register for the event, then sign up for transportation at the Evelyn Cole Senior Activity Center office.

Annual Senior Health and Fitness Day
Sports and Learning Complex
FREE

Wednesday, May 22
8 am – 2pm

Come out and join seniors from around the county at the Prince George's Sports and Learning Complex. A variety of exercise and fitness opportunities are offered along with health screenings and over 50 exhibitors providing valuable health and wellness information. No pre-registration is required. No M-NCPPC transportation will be provided.



Pontoon Boat Ride and Lunch
\$15 (R); \$20 (NR)
ECSAC-20190529

Wednesday, May 29
10 am – 2 pm

Join us as we take a pontoon boat ride on the Anacostia River and enjoy lunch in the park. Fee includes transportation aboard an M-NCPPC activity bus, admission to the boat, and lunch. Lunch includes a deli sandwich, chips, fruit, and a beverage.

Evelyn Cole Senior Activity Center Corner



IMPORTANT PHONE NUMBERS

Senior Nutrition/Transportation	301-265-8475
Legal Aid	301-927-6800
Department of Family Services	301-265-8400
Seniors County Information	301-265-8400
Medicare Information	800-233-1124
Call-A-Bus	301-499-8603

Senior Nutrition Program

The Senior Nutrition Program is offered Monday through Friday featuring a healthy, well-balanced meal. Individuals who are 60 & better can reserve a meal by contacting our Nutrition Manager, Annie Allen or by contacting the Department of Family Services Nutrition Office at 301-265-8475.

You must register by 1pm the day before you would like a meal, register by 1pm Friday for a Monday meal.

The actual donation is \$3.00. Please donate as much as you can. If you need to cancel your meal, please do so at least two (2) days in advance with Ms. Annie Allen, Nutrition Manager. Please bring exact change to cover your donation.

Note: There will be no lunch program when Prince George's County schools have a delayed opening or closed due to inclement weather conditions.

Reminder: Lunch is subject to change depending on the Office on Aging's schedule.

For Your Information

Moved? Number changed?

From time to time, please stop at the office and make sure your personal information is correct. Let us know if you have any changes including emergency contact names and phone numbers.

Volunteer Opportunities

Do you have a special skill or talent you would like to share with others? Would you like to teach classes to seniors at the Evelyn Cole Senior Activity Center? If so, give us a call at (301) 386-5525.

Trip Refund Policy:

Trip refunds will only be available if your registration is replaced by someone on the waiting list. If you must cancel your reservation, please contact the center staff as soon as possible.

Disability Accommodations

The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.

Inclement Weather/Closures

Get information on M-NCPPC closures, cancellations and emergencies by text or email. Sign up today by visiting www.pg parks.com and click on PG Parks Alerts. You will need a mobile phone number or an email address and your zip code to complete the registration.

